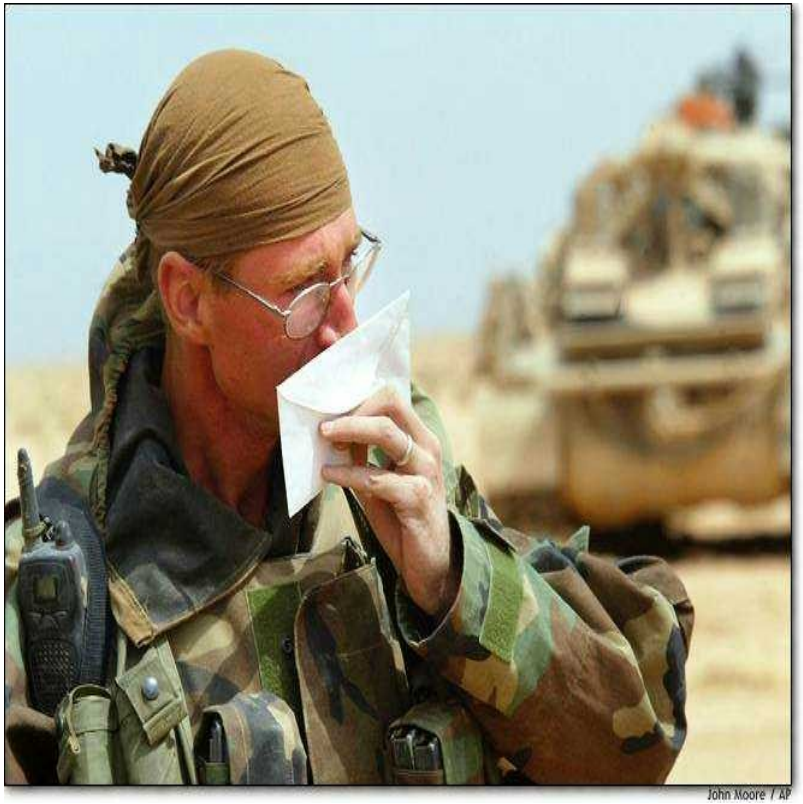
Being & Living in the Military

Deployment/Mobilization

- Call up notification-get affairs in order 1 or 2-weeks-month.
- Work, home, church, school,organizations & other responsibilities
- Family stress builds

Deployment is Always Lonely



- Easier when in non-combat zone for family & member.
- Scary, tense, lonely frightening-rules of engagement
- The look of war-pain and human causalities.

Deployment is Always Lonely

- Anger-pride, feeling overwhelmed.
- Lifestyle difference-financial-medical-home, doing it all and being brave.
- Overcoming it all-often alone without others understanding.

Being Brave

- Constant fear & anxiety. Trying not to let it show to family and children.
- Afraid to answer the door or watch CNN.
- Keeping traditions and family going. Being busy so you can sleep

Coming Home

- Excitement, anxiety, fear, happiness, hope.
- All: Do they still love me and need me?
- Will they go away again?
- Spouse: Did I do a good job at home and with the children?
- Children: Will I be punished for something I did
- Military member: Do they still love me and need me? Will things ever be the same again?

Adjustments-Family

- Will they be the same?
- Will it be the same with us as a couple & family?
- I like doing taking care of things-Can I still do it.
- Getting back to normal
- Patience, understanding, love, communications.

Adjustments-Military Member

- Understanding the changes at home.
- Trying not to push to fast or too hard for normalcy.
- Showing pride in family & accomplishments
- Patience, love & communication.

Thank You

- From a grateful Nation Thank you to the Men and Women who face adversity so we and others can be free.
- Thank you to their families who endure so much and stand behind their loved ones in uniform.